

Lunch 1

Week Commencing 6th Jan, 3rd Feb, 2nd March, 30th March.

Monday	Tuesday	Wednesday	Thursday	Friday
Carrot, Fennel Seed and Red Lentil Soup	Miso and Green Thai Vegetable Soup	Mediterranean White Bean Soup	Roasted Tomato and Chili Soup with Wild Rice	Moroccan Sweet Potato and Chickpea Soup
Slow-cooked Butterbean and Aubergine Stew with Fresh Chimichurri Winter Vegetable and Quinoa Salad	Chicken, Mushroom and Leek Pie with Mushroom and Leek Sauce Crushed Potatoes Green Vegetables	Roast Loin of Pork with Apple, Plum and Maple Sauce Roast New Potatoes Savoy Cabbage with Shallots and Cranberries	Slow-cooked Lamb Shoulder and Toasted Coconut Curry with Saffron and Date Rice Flatbreads	Beer Battered Fish and Chips Homemade Tartare Sauce Peas with Thyme and Mint Butter
Layered Potato, Cornish Yarg and Butternut Squash Pie	Roasted Vegetable, Fennel Seed and Vegetarian Sausage Casserole with Sliced Potato and Sweet Potato Top	Lentil, Roasted Apple and Thyme Sausage Rolls with Tomato and Fennel Chutney	Saffron, Preserved Lemon and Za'atar Risotto with Spinach and Feta	Battered Banana Blossom
Banoffee Meringues	Chocolate and Salted Caramel Tarts	Steamed Marmalade and Brown Bread Pudding with Vanilla Cream	Salted Caramel Pot de Crème	Blueberry Cheesecake Brownies

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Dinner 1+3

Week Commencing 20th Jan, 3rd + 17th Feb, 2nd + 16th March

Monday	Tuesday	Wednesday	Thursday	Friday
Carrot, Fennel Seed and Red Lentil Soup	Miso and Green Thai Vegetable Soup	Mediterranean White Bean Soup	Roasted Tomato and Chili Soup with Wild Rice	Moroccan Sweet Potato and Chickpea Soup
Tofu and Pulled Oat Ma Po Tofu Rice Green Vegetables	Fish Tacos Green Salad Homemade Salsa Fries	Chicken Meatballs in Fennel Seed and Tomato Sauce Brown Rice with Lentils and Herbs Cucumber and Roquette Salad	Pulled Pork and Mixed Bean Enchiladas Avocado, Tomato and Pepper Salsa Sour Cream	Chicken Biryani Naan Bread Poppadum Homemade Bhaji
Mushroom, Red Onion and Leek Tartiflette Green Salad	Jackfruit Sloppy Joes with Cola BBQ Sauce	Butternut Squash and Spinach Lasagne	Sweet Potato and Black Bean Enchiladas	Roast Butternut Squash Curry Baked Rice with Lemon and Cloves
Chocolate and Date Mousse with Rosewater Blackberries	Oreo, Blackberry and Lemon Fool	Black Forest Cake with Tahini Cream	Chocolate and Caramel Alfajores	Baked Plum, Honey and Almond Meringues

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Lunch 2

Week Commencing 13th Jan, 10th Feb, 16th March.

Monday	Tuesday	Wednesday	Thursday	Friday
Rice and Vegetable Aash	Roasted Red Pepper Ratatouille Soup	Vegetable and Pearl Barley Broth	Mushroom and Wild Rice Soup	Curried Cauliflower Soup
Leek, three Cheese and Sun-blushed Tomato Macaroni Cheese Broccoli and Peas	Slow-cooked Pork with Mushrooms, Sour cream and Paprika Crushed Potatoes and Spiced Savoy Cabbage	Lamb Shoulder with Roasted Roots and Salsa Verde Maple and Parsley Carrots and Green Vegetables	Roast Chicken Tray-bake with Carrots, Parsnips, Red Onions and Jerusalem Artichokes Green Vegetables	Homemade Fishcakes with Lemon and Herb Mayo and Little Gem and New Potato Salad
Borlotti Shepherdess Pie with Spring Onion and Sweet Potato Mash	Leek, Vegan Mozzarella and Pine Nut Lasagne with Vegan Roquette Pesto	Roasted Root Vegetable Casserole with Herb and Horseradish Dumplings New Potatoes	Goats Cheese and Onion Tart with Roasted Vegetable Ratatouille	Carrot and Black Onion Seed Fritters
Rosewater and Pistachio Meringues with Lemon and Strawberry Cream	Ginger Cake with Lemon Icing and Yoghurt Cream	Chocolate and Pear Betty with Cream	Bakewell Tart with Crème Fraiche Cream	Lemon and Pomegranate Posset

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Dinner 2+4

Week Commencing 27th Jan, 10th + 24th Feb, 9th March

Monday	Tuesday	Wednesday	Thursday	Friday
Rice and Vegetable Aash	Roasted Red Pepper Ratatouille Soup	Vegetable and Pearl Barley Broth	Mushroom and Wild Rice Soup	Curried Cauliflower Soup
Gnocchi with Garlic and Spinach Sauce and Parsley and Mozzarella Breadcrumbs Broccoli and Bean Salad	Thai Turkey Burgers with Rainbow Slaw Chunky Chips	Baked Cod with Sumac, Lemon and Za'atar (Gluten Free. Contains Nuts) Squashed, Roasted Potatoes with Feta, Red Onions and Oregano (Gluten Free) Roquette Salad	Slow-cooked Ribs Avocado, Corn and Coriander Salad Baked Potatoes	Sweet Potato, Coconut, Chicken and Cauliflower Curry Rice Naan Bread Poppadum
Baked Pumpkin and Broad Bean Buckwheat Risotto	Thai Lentil Burgers	Baked Mushrooms on Pepper, Tomato and Squash Traybake	Grilled Vegetable and Cheese Quesadillas	Cauliflower and Tofu Korma
Cassata	Chocolate Custard Muffins	Orange and Lemon Semolina Cake With Yoghurt Cream	Cinnamon Doughnuts with Chocolate Sauce and Cream	Ras al Hanout, Buttermilk and Rose Loaf Cake

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Lunch 3

Week Commencing 20th Jan, 17th Feb, 16th March.

Monday	Tuesday	Wednesday	Thursday	Friday
Carrot, Fennel Seed and Red Lentil Soup	Miso and Green Thai Vegetable Soup	Mediterranean White Bean Soup	Roasted Tomato and Chili Soup with Wild Rice	Moroccan Sweet Potato and Chickpea Soup
Roasted Portobello Mushroom, Red Onion and Sun-blushed Tomato Goulash Green Vegetables Rice	Coronation Chicken and Broccoli Bake Tomato, Cucumber and Roquette Salad	Slow Cooked Beef with Mushroom, Horseradish and Tarragon Sauce Roast New Potatoes Carrots and Broccoli	Pot-roasted Shoulder of Lamb with Paprika, White Beans and Tomatoes Fine Beans and Peas (Gluten and Dairy Free)	Spiced Fish Pies with Potato, Sweet Potato and Onion Seed Rosti Top Mixed Green Vegetables
Aubergine Katsu Curry	Spinach, Feta and Walnut Filo Parcels with Homemade Tapenade and Spiced Sweet Potato Puree	Vegetarian Haggis Hotpot with Roasted Root Top	Tomato, Olive and Caper Pasta Bake with Roasted Squash, Aubergine and Courgette	Individual Cauliflower, Leek and Mustard Gratins
Chocolate Mousse Cake with Crème Fraiche Cream	Brown Sugar Meringues with Spiced Berry Cream (Contains Nuts)	Sticky Banana and Date Pudding with Sticky Sauce and Cream	Tiramisu Glasses	Caramel Swirl Meringue Cake

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Lunch 4

Week Commencing 27th Jan, 24th Feb, 23rd March.

Monday	Tuesday	Wednesday	Thursday	Friday
Rice and Vegetable Aash	Roasted Red Pepper Ratatouille Soup	Vegetable and Pearl Barley Broth	Mushroom and Wild Rice Soup	Curried Cauliflower Soup
Aubergine, Tomato and Pepper Pasta Bake with Fresh Gremolata Tomato, Watercress, Roquette and Cucumber Salad	Pork and Chorizo with Tomatoes and Butterbeans Sauté Potatoes Fine Beans	Roast Chicken with Fennel and Sausage Cornbread Stuffing Redcurrant Gravy Roast New Potatoes Carrots, Peas and Broccoli with Olive Oil and Parsley	Merguez Sausage, Mixed Bean and Red Pepper Stew Mixed Green Vegetables	Chipotle and Lime Salmon Fillet Mint and Olive Oil New Potatoes Peas and Broccoli
Individual Shakshuka	Freekeh Risotto with Broad Beans, Preserved Lemons, Roasted Vegetables and Harissa	Spiced Cauliflower and Red Onion Cake	Garlic and Rosemary Dauphinoise with Tomato, Kale and Sweet Potato Sauce	Spring Green Bubble and Squeak Cakes Poached Eggs Lemon and Spring Onion Sour Cream
Raspberry Streusel Bars with Lemon Icing	Pear and Almond Frangipane Traybake with Lemon and Honey Cream	New York Cheesecake with Cinnamon Sour Cream	Cherry Fool with Toasted Coconut Granola	Peanut Butter Chocolate Brownies with Yoghurt Cream

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Salad 1+3

Week Commencing 6th + 20th Jan, 3rd + 17th Feb, 2nd, 16th + 30th March

Monday	Tuesday	Wednesday	Thursday	Friday
Roquette and Baby Leaf Salad	Roquette and Baby Leaf Salad	Mixed Baby Leaves	Mixed Baby Leaves	Mixed Baby Leaves
Wild Rice Salad with Golden Beetroot, Toasted Seeds and Pomegranate Dressing	Wild Rice Salad with Golden Beetroot, Toasted Seeds and Pomegranate Dressing	Wild Rice Salad with Golden Beetroot, Toasted Seeds and Pomegranate Dressing	Chimichurri and Roasted Pepper Pasta Salad	Chimichurri and Roasted Pepper Pasta Salad
Green Bean, Freekah and Tahini Salad	Green Bean, Freekah and Tahini Salad	Green Bean, Freekah and Tahini Salad	Watercress, Roasted Pear, Blueberry and Toasted Almond Salad	Watercress, Roasted Pear, Blueberry and Toasted Almond Salad
Butterbean, Tomato and Roasted Sweet Potato Salad with Parsley and Lemon Oil	Butterbean, Tomato and Roasted Sweet Potato Salad with Parsley and Lemon Oil	Butterbean, Tomato and Roasted Sweet Potato Salad with Parsley and Lemon Oil	Marinated Tomato, Basil and Mozzarella Salad	Marinated Tomato, Basil and Mozzarella Salad
Mango, Charred Corn and Pea Salad	Mango, Charred Corn and Pea Salad	Mango, Charred Corn and Pea Salad	Fregola Pasta Salad with Roasted Squash, Parsley and Lemon	Fregola Pasta Salad with Roasted Squash, Parsley and Lemon
Spring Rolls with Sweet Chilli Sauce Red Pepper and Ancho Chili Falafel with Carrot Hummus Cauliflower Cheese Croquettes	Cauliflower Cheese Croquettes	Leek and Mushroom Stuffed Potatoes	Fig, Goats' Cheese and Honey Tart	Pea, Za'atar and Feta Fritters
	Red Pepper and Ancho Chili Falafel with Carrot Hummus	Char-grilled Halloumi with Crushed Broad Beans and Mint	Stuffed Peppers with Baked Buckwheat and Roasted Vegetables	Mushroom, Courgette and Red Onion Skewers with Herb Gremolata
Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant

Salad 2+4

Week Commencing 13th + 27th Jan, 10th + 24th Feb, 9th + 23rd March

Monday	Tuesday	Wednesday	Thursday	Friday
Roquette and Baby Leaf Salad	Roquette and Baby Leaf Salad	Mixed Baby Leaves	Mixed Baby Leaves	Mixed Baby Leaves
Quinoa and Chickpea Vegetable Salad	Quinoa and Chickpea Vegetable Salad	Quinoa and Chickpea Vegetable Salad	Spiced Kidney Bean, Herb and Lemon Salad	Spiced Kidney Bean, Herb and Lemon Salad
Roasted, Marinated Vegetables	Roasted, Marinated Vegetables	Roasted, Marinated Vegetables	Cucumber, Tomato and Avocado Salad	Cucumber, Tomato and Avocado Salad
Celeriac, Beetroot and Carrot Coleslaw	Celeriac, Beetroot and Carrot Coleslaw	Celeriac, Beetroot and Carrot Coleslaw	Roasted Apple and Sour Cream Waldorf	Roasted Apple and Sour Cream Waldorf
Ratatouille Pasta Salad with Torn Basil	Ratatouille Pasta Salad with Torn Basil	Ratatouille Pasta Salad with Torn Basil	Winter Cous Cous Salad	Winter Cous Cous Salad
Tomato Tarte Tatin Frittata di Pasta Homemade Pakora with Mango Chutney	Avocados stuffed with Papaya and Tomato Salsa	Potato and Buckwheat Fritters	Curried Chickpea and Shallot Sausage Rolls	Harissa Baked Potato Skins
	Frittata di Pasta	Mushroom, Brie and Red Onion Puff Pastry Tarts	Salt and Pepper Tofu with Sweet Chill Sauce	Mushroom, Cream Cheese and Dill Tart
Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant